

Casserole Dishes Are Budget Wise

By Katharine Fisher
Director, Good Housekeeping Institute

Get out your casserole—when you find your food bills running high and your ideas low. There's nothing like the casserole for turning the less expensive cuts of meats, and such old friends as cheese, canned vegetables, eggs and fish, into hearty treats that go easy on both purse and time. Not only do casserole dishes satisfy the hearty appetites of wintry days, but they have a fragrant hotness that is a welcome change from the skillet-to-platter-to-plate idea. Casserole dishes have this advantage, too: You can make them up several hours before serving time and let your refrigerator keep them in good condition; when dinner-time comes around, the oven will do the rest. Here are several of our Institute recipes you will want to try.

Hot Frankfurter and Potato Salad Casserole

(Tested by Good Housekeeping Institute)

Use standard measuring cups and spoons. Measure level.

- 6 c. thinly sliced potatoes
- 2 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 c. salad or olive oil
- 1/4 c. vinegar
- 1 No. 2 can (2 1/2 c.) string beans
- 1/4 c. sliced onions
- 6 frankfurters

Combine the potatoes, salt, pepper, oil, and vinegar. Arrange the drained string beans in the bottom of a 2-qt. covered casserole. Arrange the frankfurter and potato salad in alternate layers with the onions and sliced frankfurters. (Cook the latter 5 min. before using.) Cover and bake in a moderately hot oven of 400° F. for 35 to 40 min. Serves 6. To serve 2 or 3, make half this recipe.

Meat and Pineapple Casserole

(Tested by Good Housekeeping Institute)

Use standard measuring cups and spoons. Measure level.

- 1 lb. chuck beef, ground
- 1/2 lb. shoulder veal, ground
- 2 tsp. salt
- 1/2 tsp. dry mustard
- 1 1/2 c. soft bread crumbs
- 1 1/2 c. canned crushed pineapple
- 1 egg, beaten

Mix all the ingredients and turn into a greased 1 1/2-qt. casserole. Bake in a moderately hot oven of 375° F. for 1 1/2 hrs. Serves 2 or 3, make half this recipe.

Scalloped Lamb and Rice

(Tested by Good Housekeeping Institute)

Use standard measuring cups and spoons. Measure level.

- 2 1/2 lb. shoulder of lamb
- 1 1/2 tsp. salt
- 1/2 cup granulated sugar
- 2 medium onions or 1 clove garlic
- 1/4 tsp. pepper
- 1 1/2 c. hot water
- 1/2 c. salad oil or fat
- 1 1/2 c. strained canned tomatoes
- 1/2 c. sliced fresh or drained canned mushrooms

Cut the lamb into pieces as for stew. Roll lightly in flour seasoned with salt and pepper in the proportions of 1/2 c. flour, 1/2 tsp. salt, and 1/4 tsp. pepper. Then sauté with the minced onion in a skillet in the hot salad oil, until golden brown on all sides. Turn into a casserole, add the mushrooms, salt, sugar, pepper, hot water, and strained tomatoes. Canned tomato juice may be used instead of the strained tomatoes. Cover and cook a moderate oven of 350° F. until the meat is tender—about 1 1/2 hrs. Serve with rice which has been cooked tender in boiling salted water. Serves 6. To serve 2 or 3, make half this recipe.

If desired, shoulder of veal may be substituted for the lamb in this recipe, the cooking time being increased to 2 hrs.

Spaghetti, Cheese and Ham Casserole

(Tested by Good Housekeeping Institute)

Use standard measuring cups and spoons. Measure level.

- 1 1/2 c. uncooked spaghetti in 2" pieces
- 1 1/2 c. grated American cheese
- 1 1/2 c. evaporated milk

Cook the spaghetti and garlic together, until the spaghetti is tender; drain, removing garlic. Arrange in a greased 1 1/2-qt. casserole, and add the remaining ingredients, mixed together. Bake in a pan of hot water in a moderate oven of 325° F. for 75 min., or until a silver knife inserted in the center comes out clean. This recipe serves 6.

Vienna Sausage Pie

(Tested by Good Housekeeping Institute)

Use standard measuring cups and spoons. Measure level.

- 1 10-oz. can condensed cream of mushroom soup
- 1 10-oz. can Vienna sausage
- 1/2 c. bottled milk or 1/2 c. evaporated milk and 1/2 c. water

Combine the soup and milk in a 1-qt. casserole. Add the sausages cut in halves or slices, and the drained peas. Meanwhile make piecrust, using 1 c. sifted cake flour, 1/2 tsp. salt, 1/2 c. shortening, and enough cold water to moisten. Roll 1/4" thick and arrange over the top of the casserole. Bake in a hot oven of 450° F. for 30 min. Serves 4.



Army Prepares for Resumption of Recruiting

Anticipating that Congress will lose no time in carrying out recommendations of the President for strengthening of national defenses, the army recruiting service is preparing to resume enlisting men for the various branches of the army. Colonel Aubrey Lippincott, in charge of army recruiting for Southern California, has received instructions from the commanding general, ninth corps area, to be prepared to put the President's plans for additional personnel in operation at a moment's notice.

FREE PROGRAM
A free program for all high school students and their friends will be presented in the school assembly hall next Wednesday morning, May 29, by the Japanese club.

The U. S. consumes 800,000,000 matches daily or about 300 billion a year.

CAN YOU IMAGINE!



why this woman in Perryville, Kentucky feels years younger. For five years she suffered from acid-indigestion. Then, in one week she found complete relief after taking BISMA-REX.

EXPLANATION
Thousands of sufferers like the one described above say there's nothing you can take that brings faster, more complete relief from acid-indigestion than Bisma-Rex. This pleasant-tasting anti-acid powder starts to work almost instantly. In three minutes you notice a wonderful improvement. Acids neutralized; gas removed. Many forms of indigestion relief stop there; but Bisma-Rex keeps right on working. Holds acidity and gas in check for a prolonged period. Helps repair the harm done by excess acid in the stomach. Enjoy for yourself the fast, prolonged relief that has made Bisma-Rex famous. Only 50c at

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Beauty and You

by PATRICIA LINDSAY
Straighten Upper Back to Banish Dowager's Hump

ACCORDING to Denmark's famous physical director, Neils Bukh, a "Dowager's Hump" is not restricted to dowagers, but is frequently seen on middle-aged persons and actually begins to form when one is very young. This bump of fat that grows at the base of the neck is a serious defect and should be corrected through diligent exercising. To be very technical about it, it is an exaggeration of the cervical curve and is closely connected with a forward bending of the head. Those who have a dowager's hump are quite likely to have also a round upper back and a flat chest.

face down, bend knees and clasp ankles with hands. Bend the arms to get a strong upper back stretching. Relax arms. Bend arms again. Repeat exercises 5 and 6 five times the first day and increase one time each following day up to ten times.

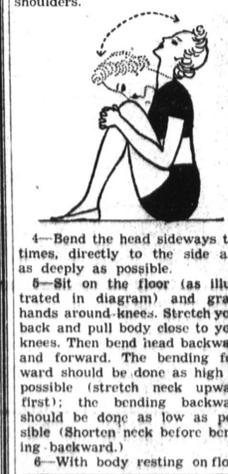
130 New Books at Lomita Library

Propaganda functions of "fifth column" influences and getting behind the war claims and counter claims of belligerents are two subjects examined in the "Fine Art of Propaganda," a study by the Institute for Propaganda Analysis which Librarian Ella Cline has placed in circulation at the Lomita library. The "Fine Art of Propaganda" is one of 130 new books now being circulated in the library. Titles include adult fiction, non-fiction, and juvenile fiction and non-fiction. As an aid to self-development, the librarian has recommended, among the new books, "New Occupations for Youth" by T. Otto Nall and "12 Ways to Build a Vocabulary" by Archibald Hart. Suggested also are "Decorations for the Small Home" by Derek Patmore and "Fun in the Backyard" by Arthur Lawson. Phases of the international situation are covered in "Chaos in Asia" by Hallett Abend, chief far eastern correspondent for the New York Times and "Of Human Freedom" by Jacques Barzun.

How to Correct It
Neils Bukh advocates exercises for the neck (particularly a forward bending of the head) to precede the spine stretching. He says: "When the sixth cervical vertebra is anterior, and the seventh prominent, a forward bending of the head is given to force the vertebrae into alignment. This should be immediately followed by a strong chest lifting, which brings about over extension of the spine and straightens the cervical and dorsal regions. It also strengthens the muscles which hold the head and neck in correct position upon the shoulders. It has been proven in Denmark that through persistent use of such exercises, a dowager's hump may be quickly reduced."

Concentrate on Upper Back
In connection with the following exercises, emphasis is placed on straightening the back. In the dorsal region there is usually great stiffness with increased convexity. The muscles in this region cannot be properly developed because they are in a stretched condition, due to tightened chest muscles and to the lack of flexibility in the dorsal region. You see the over-extended chest muscles pull the shoulders forward, increasing the condition of round back and making the dowager's hump more pronounced.

Exercise Routine
Before you begin this series of blended exercises be sure your neck and shoulders are relaxed. Stretch them any way you wish to relax them.



4—Bend the head sideways ten times, directly to the side and as deeply as possible.
5—Sit on the floor (as illustrated in diagram) and grasp hands around knees. Stretch your back and pull body close to your knees. Then bend head backward and forward. The bending forward should be done as high as possible (stretch neck upward first); the bending backward should be done as low as possible (Shorten neck before bending backward).
6—With body resting on floor,

Harbor City C. of C. Learns Details of New Phone Service

Details of the proposed extended area telephone service which the Southern California Telephone Company hopes to institute next September in the Harbor district were explained to members attending an open meeting of the Harbor City Chamber of Commerce last night by Secretary Charles F. King. The new service will enable subscribers for a small extra monthly charge to place calls in an area embracing Harbor City, Lomita, Torrance, San Pedro, Wilmington, Redondo Beach, Long Beach, Rolling Hills, Waverly and possibly Compton. Chamber leaders indicated they will seek to determine if Harbor City telephone subscribers desire to have the organization continue its efforts to have the community placed in the San Pedro-Wilmington exchange, Secretary King said. He explained that the extended area proposal would be available only to those who pay the additional monthly charge.

Mrs. Kaighin Hostess to Her Amaranth Aides

Mrs. Armina Kaighin, junior past regent of Lomita Court, Order of Amaranth, entertained at her home, corner of Regent and 283rd street, on Wednesday night, May 15, invited guests being officers who had served with her during the past year. Cards were played and a delicious supper served, each officer receiving a gift from Mrs. Kaighin. Those present were Mesdames Hazel Colwell, Lillian Neely, Bertha Martin, Edna Clark, Louisa Doane, Ethel Waite, Bessie West, Adella McCann, Alwine Ulman, Armina Kaighin and Miss Birda Paddock.

WIDOWS CHRISTEN NEW DESTROYERS . . . With public barred in conditions of war-time secrecy, two new destroyers shown here were christened at Bremerton, Wash., navy yard. Mrs. Charles F. Hughes, widow of late Admiral Hughes, left, christened U.S.S. Hughes, Destroyer Monssen was christened by Mrs. Mons Monssen, right, widow of late Lieutenant Monssen, hero of 1904 naval accident. President ordered 35 old destroyers recommissioned, to join 30 new ones under construction, for total destroyer force of 336.



THIS chameleon dress of striped cotton pique, from the May Harper's Bazaar, serves a double purpose: without the jacket, almost naked for the sun rays; with it, ready for a casual stroll to the village.

Students Working On Park Site

Lowell Fuller and a class of 25 students from Narbonne's agricultural class are busy setting out shrubs at the Lomita park. After the landscaping is completed the county plans to go ahead with building recreation facilities. Two softball diamonds will be laid out on the east side of the park near Walnut street and two tennis courts on the northwest side. On the northwest corner it is planned to have picnic tables and stoves. Plans also include a badminton court and playground equipment of swings, sandboxes, etc.

"Buy Now and Save Money" is the advice of an auto supply store whose weekly budget plan makes their suggestion easy. See classification 53.

THE FORD WAY OF DOING BUSINESS

The Ford Motor Company was founded by a working-man for working-men. Its present officers began as employees of the Company. It was the first company to pay a minimum wage, beginning in 1914, at the then astounding figure of \$5 a day. That was double the prevailing wage of the time. The Ford minimum is now \$6 a day for all employees engaged in production work. And from that, the wages rose to \$10.80 a day, with the average wage \$7.25, exclusive of salaried employees.

service with the Company—sober, decent family men. Hundreds of them have been with the Company for more than 25 years—thousands for more than 15 years. Their health record, home ownership and citizenship records are good.

All this is reflected in Ford products, whether cars, trucks or tractors. The work is honestly done. Materials are the best that can be made or procured. Less profit to the Company and more value to the customer is known throughout the motoring world as "Ford's way of doing business."

Ford Motor Company was the first to make a motor car within the means of the average family—quitting the 'manufacture of what was then the largest selling model in the world to do so. Its chosen field in all the 30 years since that time has been the average American family—for which it has consistently provided car facilities which formerly only the wealthy could buy.

It is the policy of the Ford Motor Company to share the benefits of advanced methods and management with workers and public alike. Increased wages and employment over a period of many years have resulted in a 300 per cent increase in the built-in value of the Ford car and a 75 per cent reduction in its price.

The Ford Motor Company was the first large company to establish the 8-hour day—also in 1914. And the 40-hour week was inaugurated by the Ford Motor Company in 1926, years before any such laws existed.

The Ford Motor Company employs men without regard to race, creed or color. It is common knowledge that working conditions in the Ford shops are the best that science and constant care can make them. A square deal, a just wage and stabilized employment for a large proportion of our employees—and as fully stabilized for all as conditions will permit—enable our men to retain their personal independence.

In consequence of these policies the Ford Motor Company has one of the finest bodies of employees in the world. The larger proportion are mature men of long

FORD MOTOR COMPANY

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U. S. Steel Subsidiary Acquires Wire Cloth Mills Near Savannah

Purchase of the Savannah Wire Cloth Mills by the Cyclone Fence Co., subsidiary of U. S. Steel Corp., from the Port Wentworth Corp. was announced this week by C. F. Hood, president of Cyclone, and Robert M. Nelson, president of Port Wentworth. The Savannah Wire Cloth Mills consist of a modern screen cloth manufacturing plant located just outside of Savannah, Ga., in Port

Wentworth. The plant is devoted to production of electro-galvanized steel screen wire and bright bronze screen wire. The company is one of the leading fly screen manufacturers, as well as the recognized leader in the chain link fence industry of the country.

Alaska's 1930 census showed a population of nearly 60,000, and a gain of 10,000 is expected in the current count.

Fire losses in the U. S. during 1939 amounted nearly to \$320,000,000.

ROBERTS LIQUOR STORES

<p>KENMORE BONDED BOURBON FULL PINT..... 89¢</p> <p>EMPIRE DRY GIN FIFTH GALLON..... 65¢</p> <p>ROXWELL BONDED BOURBON FULL PINT..... 87¢</p> <p>IMPORTED Scotch Whiskey AMBASSADOR 10 years old \$2 19 FIFTH.....</p> <p>GRAND GORDON CHAMPAGNE FIFTH..... \$1 98</p>	<p>FINER FLAVOR Canned Beer or Ale</p> <p>3 for 25¢</p> <p>11 oz., 4 stubbies 25¢</p> <p>FULL QUARTS..... 15¢ (Plus Deposit)</p> <p>Imperial BEER 11 oz., 3 tall bottles 25¢ (plus deposit)</p> <p>Delicatessen Dept. OPEN EVERY NIGHT and ALL DAY SUNDAY</p>
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ROBERTS FAMOUS

Northern Calif. Bulk Wines

<p>PORT, SHERRY, MUSCATEL, TOKAY, ANGELICA</p> <p>QUART GAL. 25¢ 90¢</p>	<p>CLARET, BURGUNDY, ZINFANDEL</p> <p>QUART GAL. 20¢ 79¢</p>
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SPECIALS FRIDAY and SATURDAY, MAY 24, 25